



## **Key Safety and Security Rules – (you may lose your club membership if you choose not to follow them!)**

- Always consider the conditions, your own fitness, and choose your boat, clothing and equipment carefully. We recommend PFDs and taking a mobile phone.
- If you are supervising a paddler, you are in charge and responsible. If you are not happy, they don't go.
- Look after each other. Paddling in groups is safer.
- A club coach is a member who holds current BC qualifications or who is approved by the committee due to their skills and experience.
- All adults supervising juniors need DBS checks and committee approval, following the British Canoeing standards
- When the river is above the concrete landing stage, (or paddling on flooded fields) all members must wear PFDs.
- In RED conditions, all members must wear PFDs and even independent paddlers are strongly advised not to paddle alone.
- The Committee together with Club Coaches are responsible for designating Improver, Intermediate and Independent paddlers.
- Junior members must always wear PFDs and be under the close supervision of a club coach, on the water or ready to launch. Any exceptions to this must be approved by the coach or group leader taking the session on the day, with permission from the junior's parents.
- Keep the boathouse tidy and free of trip hazards.
- Keep the doors locked when not in use. If you let anyone in, please note that you are responsible for them.
- The gym may only be used by authorised members.
- If paddling at night, make sure you have lights so you can be seen.

## KEY SAFETY RULES FOR MEMBERS ACCORDING TO CONDITIONS –

We recommend you always wear PFDs and suitable clothing. It is the responsibility of members (including club coaches who are supervising paddlers) to make a risk assessment to decide if conditions are suitable to paddle, even when these rules allow them to. If coaches use their discretion to run a session a level higher, they must have a reason and also make provision for the higher level of risk.

**No Paddling when thunder is near: Darkness (i.e., streetlights lit) or fog increases the level i.e., Green → Amber and Amber → Red**

Temperature (degrees C)	Wind / Rain Windy=15mph+	River below wooden landing stage	River between landing stage and concrete step	River above concrete. (PFDs worn by all)	River above 10 steps down from the carpark. (PFDs worn by all)
13+	Calm	Light Green	Dark Green	Amber	Red
13+	Windy	Dark Green	Amber	Amber	Red
5-12	Calm, No Wind	Dark Green	Amber	Amber	Red
	Windy or Rainy	Amber	Amber	Amber	Red
5 or less	Calm	Amber	Amber	Red	Red
	Windy (>15 mph)	Amber	Red	Red	Red

<b>All Juniors</b>	Must be supervised by a club coach or independent paddler (with permission of parent/guardian) and wear a PFD. Any exceptions to this must be approved by the coach or group leader taking the session on the day, with permission from the junior's parents. They should only paddle in <b>GREEN</b> conditions; any paddling in <b>AMBER</b> conditions is at the discretion of their coach (formalised by the <i>advanced</i> junior classification in Annex 2). No paddling in <b>RED</b> conditions.
<b>Beginners</b>	Must be supervised by a club coach and wear a PFD at all times. They should only paddle in <b>GREEN</b> conditions; any paddling in <b>AMBER</b> conditions is at the discretion of their coach. No paddling in <b>RED</b> conditions.
<b>Improvers</b>	Must always wear a PFD. They must be always supervised by a club coach and should paddle in <b>GREEN</b> conditions. Any paddling in <b>AMBER</b> conditions is at the discretion of their coach. No paddling in <b>RED</b> conditions. In <b>LIGHT GREEN</b> conditions they may paddle with 1 other (preferably more) improver / intermediate (see Annex 1 below for details).
<b>Intermediates</b>	Must always wear PFD. In <b>AMBER</b> conditions they can be supervised by an Independent paddler or club coach. Any paddling in some <b>RED</b> conditions is at the discretion of their coach but no paddling when the river is above 10 steps down from the carpark. In <b>LIGHT GREEN</b> conditions they can paddle solo with limits (see Annex below for details). In <b>DARK GREEN</b> conditions they may paddle with at least one other intermediate paddler, solo k2's crews must be able to self-rescue.
<b>Independent</b>	In <b>RED</b> conditions, or when the river is above the concrete landing stage must wear PFD. In <b>RED</b> conditions they are strongly advised not to paddle alone. May supervise Intermediate paddlers in <b>AMBER</b> conditions.

## Annex1: Rules for improvers and intermediate paddlers in **LIGHT GREEN** and **GREEN** conditions without supervision

### **Improvers**

Can paddle together in **LIGHT GREEN** conditions in a group, without a coach, provided they:

- 1 have passed an assessment by their coach before being classed as an Improver.
- 2 someone in the group has a mobile phone.
- 3 only paddle a boat they have used before with ease. Whilst unsupervised, no experimenting with boats of a higher wobble factor.
- 4 only paddle upstream of the Sabrina Bridge and downstream of the Slip.

### **Intermediates**

Can paddle together in **GREEN** conditions in a group without a coach provided they:

- 1 have passed an assessment by their coach to be classed as an Intermediate.
- 2 only paddle in Green conditions
- 3 ensure someone in the group has a mobile phone
- 4 only paddle a boat they have used before with ease. Whilst unsupervised, no experimenting with boats of a higher wobble factor.
- 5 only paddle upstream of the Sabrina Bridge, and downstream of the Slip.

Can paddle Solo in **LIGHT GREEN** conditions provided they:

- 1 have passed an assessment by their coach to be classed as an Intermediate.
- 2 only paddle in Light Green conditions
- 3 carry a mobile phone
- 4 only paddle a boat they have used before with ease. Whilst unsupervised, no experimenting with boats of a higher wobble factor.
- 5 only paddle upstream of the Sabrina Bridge, and downstream of the Slip.

## Annex1: Rules for Advanced Junior paddlers classification

WCC currently has 4 different competencies of adult (beginners, improvers, intermediate and independents) and only one class for juniors irrespective of experience and competence. **Although there are no hard limits as to who can be promoted to an *Advanced Junior*, it is expected to apply to juniors who:**

- are 14 years or above
- are in division 6 standard or above
- have appropriate self and peer rescue skills
- have the maturity to be trusted with more independence.

It would then allow them to do the following:

- They may join in with the organised club adult sessions at the group leader's discretion in Green and Amber River conditions.
- They would also be allowed to paddle out of sight of a coach (during a coached session), as a group of 2 or more *Advanced Juniors* when the river is in light green conditions – and provided their coach has agreed.
- If paddling in green conditions, the choice of wearing a PFD is decided by their coach or adult group leader. In AMBER conditions they must wear a PFD.

### How to qualify as an *Advanced Junior*

The juniors must show an understanding of river and weather conditions, planning, choosing appropriate kit and be able to rescue themselves and others. This can be evidenced by them completing the [PaddleSafer](#) award (4 x 30min sessions which can be run by a club racing coach), doing the Paddle-sport instructor qualification or completing an equivalent award agreed by the committee. Parents must be consulted and agree to their child being promoted to an *Advanced Junior*. **A club coach must also agree to the junior being promoted to an *Advanced Junior* - having the above qualifications does not automatically make a junior an *Advanced Junior*. The privilege can be revoked if the junior acts irresponsibly.**